

# January 2019

## EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW YEAR'S DAY CENTER CLOSED	2 *Diabetic Support Canceled	3 1pm: Alzheimer's Support	4
7 10am: Caring Connection Support Group	8 1pm: Caregiver Time Out	9	10 1pm: Grief Support Group 1pm: Stroke Support Group	11 1pm: Afternoon Movie (Casablanca)
14 6:30pm: MS Support Group	15 1pm: Caregiver Time Out	16 10:30am: Parkinson's Disease Support Group	17 1pm: Alzheimer's Support	18
21 MARTIN LUTHER KING JR. DAY CENTER CLOSED	22 1pm: Caregiver Time Out	23	24 Tech 9-1-1 (Sign Up For A Time)	25
28	29 1pm: Caregiver Time Out	30	31	

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.